

Resource List - General Guidance for COVID-19 Prevention

Where to go for Information

Manitoba Health Seniors and Active Living: <https://www.gov.mb.ca/covid19/index.html>

Shared Health has information for health care providers as well as posters that can be downloaded and shared: <https://sharedhealthmb.ca/covid19/>

Resources

The following sections provide links to some key resources from Shared Health and Manitoba Health Seniors and Active Living (MHSAL) you may choose to share with community. This list is not exhaustive but can be used as a quick reference guide.

Please ensure you are regularly visiting Shared Health and MHSAL websites above for the most up to date information for the public.

Fundamentals of COVID-19 Prevention

- What does social (physical distancing) look like?
 - [English](#)
 - [French](#)
 - This poster is available in multiple languages on the [MHSAL website](#).
- COVID-19 Precautions you can follow
 - [English/French](#)
- Help reduce the spread of COVID-19
 - [English](#)

Hygiene Posters

- How to hand rub
 - [English](#)
 - [French](#)
- How to hand wash
 - [English](#)
 - [French](#)
- Hand Hygiene
 - [Multiple languages](#)
- Cough Etiquette
 - [Multiple languages](#)

Wearing a mask

- How to safely use a non-medical mask or face covering
 - [English](#)
 - [French](#)
- Wear it well: A mask how-to for kids (video)
 - [English version](#)
 - [French version](#)
- Mandatory Masks Poster: Signage for facilities - [English/French version](#)

Testing

- Follow the most current advice and screening found at Shared Health:
<https://sharedhealthmb.ca/covid19/screening-tool/>
 - The Screening Tool is available in Interactive Voice Response (IVR) format. **Call 1-877-308-9038.**
- Government of Manitoba [Frequently Asked Questions](#) about testing

Specific Guidance

- [Guidance for celebrations and gatherings, sports, transportation advice](#), etc.
- [Guidance for community organizations, farmers markets, businesses](#) etc.
- [Information Sheets for Essential Workers](#) (available in multiple languages)

COVID-19 Epidemiology Data

- Latest information on cases can be found at
<https://www.gov.mb.ca/covid19/updates/cases.html>

Pandemic Response System

- Latest information on Pandemic Response level:
<https://manitoba.ca/covid19/restartmb/prs/index.html>
- General information about the response system:
<https://manitoba.ca/covid19/restartmb/prs/system/index.html>

Mental Health Resources

- Government of Manitoba [Care for Your Mental Health](#) - some of the resources include:
 - [Mental Health Support – AbilitiCBT](#) - new digital therapy program available to all Manitobans experiencing low to mild symptoms of anxiety due to the pandemic
 - [Covid 19 Anxiety Support Line](#) (Anxiety Disorders Association of Manitoba) - call 204-925-0040 or email adam@adam.mb.ca
 - [CMHA \(Canadian Mental Health Association\)](#) - resources and suggestions to support mental health
 - [The Clinic Crisis Program](#) - a variety of crisis phone lines and online support services, providing free and confidential counselling
 - [Sara Riel Warm Line](#) - peer support workers for support and/or suggest possible resources. Call 204-942-9276 between 7pm – 11pm.